



JOIN THE CHALLENGE!

REST AND RECHARGE

Registration Dates: April 1 – 13, 2022

Challenge Dates: April 11 – 25, 2022

Start your day feeling refreshed!

One of the best ways to be healthy is to make sure you're sleeping well. In this challenge, set your own goals and work on your sleeping habits.

Sign up today!

Sign in on the **Virgin Pulse app** or at
[Medica.com/MyHealthRewards](https://medica.com/MyHealthRewards)

